GOVERNMENT OF INDIA
HUMAN RESOURCE DEVELOPMENT
LOK SABHA

UNSTARRED QUESTION NO:2576
ANSWERED ON:14.03.2016
Stress on Students
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Will the Minister of HUMAN RESOURCE DEVELOPMENT be pleased to state:

(a) whether the Government is aware that the stress level has been increasing in students due to various reasons;
(b) if so, whether the Government has conducted any study in this regard;
(c) whether the Government is considering for consultations with the State Governments and other stakeholders to find ways to eliminate/reduce stress or phobia amongst students by providing entertainment facilities and other measures in schools; and
(d) if so, the details of the action plan prepared in this regard?

Answer

MINISTER OF HUMAN RESOURCE DEVELOPMENT
(SMT. SMRITI ZUBIN IRANI)

(a) to (d): The Ministry of Human Resource Development is aware of the newspaper reports on the issue from time to time. However, no specific study has been conducted by this Ministry on the matter. Education being a concurrent subject, majority of schools and the State Examination Boards come under the purview of the State Governments/UT Administration. No such centralized data are maintained by the Ministry of Human Resource Development. The Right to Free and Compulsory Education Act, 2009 recognizes the need for stress free education. Section 30 (1) of the RTE Act provides that no child should be required to pass any board examinations till completion of elementary education. National Curriculum Framework (NCF), 2005 recommends measures like reduction of curriculum load, emphasis on comprehension and application of knowledge, focus on continuous and comprehensive evaluation, emphasis on testing of competencies rather than rote memory, making examinations more flexible, provision of guidance and counseling in schools, and making learning child-centric.
Central Board of Secondary Education (CBSE) has taken following steps to deal with stress related to examination:
(i) Restructuring and simplification of question papers.
(ii) Grading system has been introduced at Secondary School level for Classes IX & X.
(iii) 15 minutes of additional time has been given to the students to read the Question Paper before they begin to write the Answers.
(iv) No class X Board Examination w.e.f. 2011 for students studying in CBSE Senior Secondary Schools and who do not wish to move out of the CBSE system after class X.
(v) The Continuous and Comprehensive Evaluation (CCE) has been introduced in Classes IX and X.
(vi) Appointment of full-time counselor in schools.
(vii) Availability of counseling services in schools.
(viii) Web-based interaction with CBSE throughout the year.
(ix) Introduction of subjects like Music, Dance, Painting, Theatre etc. for the development of harmonious personality in the students.